

## Plant-based Iron Sources

### The low down

- Iron is an essential mineral that helps carry oxygen throughout our bodies.
- Being deficient in iron can lead to fatigue, lacking energy, brittle nails, frequent infections, paleness of skin and feeling easily exhausted with simple tasks.
- For athletes, low iron stores may lead to underperforming in training and competition.
- There are two types of iron: haem and non-haem iron. Haem iron is derived from animal sources and non-haem iron is found in plant-based sources.
- Non-haem iron is not as readily available or absorbed as haem iron sources, therefore if you follow a vegan or vegetarian diet it is recommended to consume 1.8 times more iron - 14.4 - 15.7 mg for men and 26.7 - 32 mg iron for women.

### How much iron do you need?

Age (in years)	Aim for (intake in mg/day)*
Men 19+ years	8mg/ day
Women 19 - 50 years	18mg / day
Women 50+ years	8mg /day
Pregnant Women	27mg/ day
Lactating women 19+ years	9mg/day

\*Iron recommendations vary between countries, according to age and gender, with women needing a higher daily iron intake than men until menopause sets in.

## Bioavailability of plant-based iron

Bioavailability is a measure of how much iron is absorbed and available for the body to use. Many factors in food can influence this - some positively, others negatively.

### Here are some tips:

- Tannin-containing drinks such as tea, coffee, and wine can prevent iron absorption. Enjoying these beverages between meals (an hour before or after) as opposed to with meals can ensure optimal iron absorption.
- Consuming iron-rich foods with vitamin C can help to increase absorption, such as citrus fruits, kiwi fruit and strawberries.
- Soaking and or/sprouting foods containing phytates, such as legumes, grains, nuts, and seeds can enhance iron absorption.

## Nuts & Seeds

Sources	Serving size	Iron (mg) per serve
Sesame Seeds	1 tbsp (11g)	1.1 mg
Pumpkin Seeds	1 tbsp (12g)	1.2 mg
Sunflower Seeds	1 tbsp (10g)	0.64 mg
Chia Seeds	1 tbsp (10g)	0.63 mg
Linseeds/ Flaxseeds	1 tbsp (13g)	0.91 mg
Poppy Seeds	1 tbsp (9g)	0.98 mg
Hemp Seeds	1 tbsp (13g)	1.3 mg
Cashew Nuts	10 nuts (18g)	1.1 mg
Hazelnuts	10 nuts (14g)	0.61 mg
Almonds	10 nuts (10g)	0.34 mg
Walnuts	10 nuts (40g)	1.2 mg
Peanuts	10 nuts (13g)	0.33 mg
Brazil Nuts	6 nuts (30g)	0.75 mg

## Nut Butters

Sources	Serving size	Iron (mg) per serve
Peanut Butter	1 tbsp (18g)	0.38 mg
Almond Butter	1 tbsp (20g)	0.67 mg
Cashew Butter	1 tbsp (18g)	1.1 mg
Hazelnut Butter	1 tbsp (42g)	1.4 mg

## Beans, Lentils and Legumes

Sources	Serving size	Iron (mg) per serve
Chickpeas, canned	1/2 can (115g)	1.7 mg
Red Lentils, boiled	1 cup (200g)	4.8 mg
Adzuki Beans, boiled	1 cup (192g)	3.6 mg
Kidney Beans, canned	1 cup (150g)	3.0 mg
Black Beans, canned	1 cup (150g)	3.2 mg
Butter Beans	1 cup (250 g)	3.7 mg
Borlotti Beans	1 cup (260g)	4.0 mg
Cannellini Beans	1 cup (170g)	1.9 mg
Baked Beans, in sauce	1/2 can (210g)	3.0 mg
Mixed Beans, canned	1/2 can (120g)	2.6 mg
Blackeyed Beans	1 cup (171g)	3.2 mg
Pinto Beans	1 cup (140g)	3.3 mg
Edamame Beans	1 cup (80g)	3.6 mg
Mung Bean Sprouts	1 cup (100g)	1.8 mg
Hummus	1 tbsp (30g)	0.57 mg

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## Grains & Cereals

Sources	Serving size	Iron (mg) per serve
Quinoa, cooked	1/2 cup (93g)	2.1 mg
Puffed Quinoa	1/2 cup (80g)	6.2 mg
Oats, raw	1/2 cup (40g)	1.5 mg
Spelt, cooked	1/2 cup (100g)	1.7 mg
Amaranth, boiled	1/2 cup (126g)	2.6 mg
White Rice, boiled	1/2 cup (125g)	0.08 mg
Brown Rice, boiled	1/2 cup (125g)	0.66 mg
Barley, boiled	1/2 cup (90g)	0.9 mg
Brown Bread	1 slice (37g)	0.81 mg
Cornflakes (Fortified)	1 cup (30g)	3.5 mg

## Herbs & Spices

Sources	Serving size	Iron (mg) per serve
Cumin Seeds	1 tsp (2g)	1.3 mg
Thyme, dried	1 tsp (2g)	1.2 mg
Turmeric Powder	1 tsp (2g)	0.9 mg
Oregano, dried	1 tsp (2g)	0.7 mg
Marjoram, dried	1 tsp (2g)	0.5 mg
Paprika Powder	1 tsp (2g)	0.5 mg
Coriander Seeds	1 tsp (2g)	0.3 mg
Basil, dried	1 tsp (2g)	0.3 mg
Parsley, dried	1 tsp (0.5g)	0.2 mg
Cinnamon Powder	1 tsp (2g)	0.2 mg

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## Fruits & Vegetables

Sources	Serving size	Iron (mg) per serve
Edamame Beans, boiled	1 cup (155g)	3.5 mg
Green Peas, boiled	1/2 cup (80g)	1.5 mg
Broccoli, steamed	80g	0.6 mg
Spinach, raw	1 cup (20g)	0.38 mg
Spinach, cooked/sauteed	1 cup (235g)	5.1 mg
Asparagus	10 stalks (80g)	0.59 mg
Cauliflower, boiled	80g	0.36 mg
Artichoke	1 globe (40g)	0.2 mg
Potato, boiled	1 potato (130g)	0.46 mg
Sweet Potato, baked	1 medium (170g)	1.6 mg
Brussel Sprouts	4 sprouts (85g)	0.43 mg
Green Beans	1/2 cup (80g)	0.85 mg
Mushrooms, white raw	5 mushrooms (80g)	0.17 mg
Avocado	1/2 medium avocado (70g)	0.28 mg
Beetroot	1/2 beetroot (35g)	0.28 mg
Apricots, dried	3 pieces (24g)	0.98 mg
Medjool Dates	1 date (24g)	0.22 mg
Prunes, semi-dried	3 prunes (24g)	0.53 mg
Nectarines	1 medium (110g)	0.44 mg
Bananas	1 average (100g)	0.27 mg
Mixed Berries, frozen	1/2 cup (70g)	0.53 mg

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## Fortified Milk Alternatives

Sources	Serving size	Iron (mg) per serve
Coconut Milk	1 cup (250ml)	2.6 mg
Hemp Milk	1 cup (250ml)	2.1 mg
Soy Milk	1 cup (250ml)	1.1 mg
Oat Milk	1 cup (250ml)	0.85 mg
Rice Milk	1 cup (250ml)	0.63 mg
Almond Milk	1 cup (250ml)	0.6 mg

## Meat Alternatives

Sources	Serving size	Iron (mg) per serve
Tofu	1 cup (250g)	8.8 mg
Tempeh	1 cup (170g)	6 mg
Quorn Mince	1 cup (100g)	0.3 mg

## Miscellaneous Foods

Sources	Serving size	Iron (mg) per serve
Spirulina	1 tsp (5g)	1.4 mg
Nori Seaweed	1 snack pack (3g)	0.59 mg
Nutritional Yeast	1 tbsp (11g)	0.55 mg
Soy Sauce	1 tbsp (18g)	0.43 mg

As always, the most important things to remember when eating a plant-based diet is to include a wide variety of plants in every meal, as each different component will add a nutritional boost.